

At the supermarket

The supermarket is a wonderful place to chat to your baby and introduce him to new words. Your child is sitting in the shopping trolley facing you, so you can communicate face to face. Here are some ideas to try:

Name items

As you put items in the trolley, engage your child's attention and name some of the items (e.g. "juice", "cake.")

Describe items

The supermarket provides every colour, texture and shape imaginable to describe to your child (e.g. "green peppers", "long spaghetti", "rough pineapples.") It's also a great place to teach your child about quantity by using words that describe how many or how much (e.g. "many potatoes", "one box of raisins.")

Compare items

You can compare the size of items you pass or put into your trolley (e.g. "This is a small bag. This bag is bigger." "This apple is smaller than the pumpkin.")

Explain what you are doing

As you wander down the aisles or pack your groceries at the check-out, tell your child about what you are seeing, doing and thinking. Your child will enjoy the sound of your voice and learn about the logical order of events and how to describe time (e.g. "*First* we'll shop. *Next* we'll have lunch." "You can eat this bikkie *now*. The rest are for *later*." "*Now* I'm going to pack the groceries. *Then* we'll go home.")

Give directions

Older children could help you choose items and put them in the trolley or bag.

Whenever possible, give your child simple directions using words that tell "where" (e.g. "Put the apple *in* the bag.")

Based on the chapters 'At the supermarket' and 'Around the home' in *How to talk to your baby* by Dorothy, P. Dougherty, Avery, 1999